



SPRING VALLEY

ACTIVITY & PROGRAM GUIDE

FALL/WINTER 2016





SWEETWATER LANE
SPORTS PARK

S

Sweetwater Ln.

Jamacha Rd.

SPRING VALLEY GYM
AND TEEN CENTER

T

L

COUNTY LIBRARY

Kempton St.

Jamacha Blvd.

SPRING VALLEY
COUNTY PARK

C

SPRING VALLEY
COMMUNITY CENTER



Sweetwater Rd.

Legend



Local Park



Community Center



Gym and Teen Center



Library



Sports Park

ON THE COVER:

Halloween is always a fun time at Spring Valley Community Center. Get party details on page 4.

Supervisor's Message

Welcome!

The County of San Diego Parks and Recreation Department invites you to view the numerous programs, activities and special events we have planned for this Fall/ Winter program guide. You will see that we have tried our best to offer something fun and exciting for all ages.

We take pride and are proud to serve the citizens of Spring Valley. If you are looking to try something new or even just have fun, we have the programs and services for you. A lot of talented and gifted individuals are continually putting forth top-notch efforts to provide the best services possible to the Spring Valley residents.

Our hope is that each and every resident of Spring Valley can find a place to enjoy life to the fullest in our Parks and Recreation facilities and programs.

We are not only looking to serve our residents, but also show non-residents how great it is to be a resident in Spring Valley.

I would personally like to thank everyone who has taken classes with us or visited one of our parks throughout the past year. We are always looking to improve our facilities and programs. If you have a program idea for us, we are always willing to hear about it. We look forward to building a clean, safe, and positive community not only in our parks, but also in Spring Valley as a whole.

Carl McCullough

Recreation Supervisor Spring Valley
Teen Center and Gym



LIVE WELL
SAN DIEGO

Live Well San Diego is the County of San Diego's vision for a region that is building better health, living safely and thriving. Live Well activities promote health, safety and well-being for all County residents and the Department of Parks and Recreation supports this vision through hundreds of educational offerings, every year.



Spring Valley Community Center

8735 Jamacha Blvd., Spring Valley, CA 91977
(619) 479-1832

Hours of Operation

Mondays: 9 a.m. – 4 p.m.
Tuesdays – Thursdays: 10 a.m. – 8 p.m.
Fridays: 9 a.m. – 5 p.m.
Closed: Saturdays & Sundays

Spring Valley Gymnasium

838 Kempton Street, Spring Valley, CA 91977
(619) 667-6833

Hours of Operation

The office is open 10 a.m. – 6 p.m. while the facility operating hours are from 3:30 – 8 p.m.

Spring Valley Teen Center

838 Kempton Street
Spring Valley, CA 91977
(619) 667-6833

Hours of Operation

Monday – Friday: 2:30 p.m. – 6:30 p.m.

Holiday Closures

Labor Day, September 5
Veteran's Day, November 11
Thanksgiving, November 24
Christmas, December 25
New Year's Eve, December 31

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Announcements & Events

Turkey Bowl

Join us Saturday, Nov. 19 for a fun-filled day of games and activities, face painting, bounce houses, free lunch, raffle prizes, and a chance to win a free turkey dinner. All ages are welcome to this family-friendly event - even better, this holiday celebration is free!

Date: Nov. 19
Time: Saturday, 11 a.m. – 1 p.m.
Location: Spring Valley County Park
Fee: Free
Ages: 5 – 12 years

Senior Programs

Senior Catered Lunches

Meet new friends and enjoy balanced meals! The Spring Valley Community Center serves hot, nutritious lunches to older adults and seniors (50+) on weekdays. Reservations must be made by 12 p.m. at least 7 days in advance. For information or to make a reservation, call (619) 337-1425.

Date/Time: Weekdays, 10 – 12:30 p.m.
Location: Spring Valley Community Center
Fee: \$3.50
Ages: 50 and older

Senior Bingo

Have some fun and enjoy a game of bingo with friends! This game is available to all seniors and/or retired citizens.

Date/Time: Monday and Thursday, 10:30 – 11:15 a.m.
Location: Spring Valley Community Center
Fee: \$0.25/bingo card
Ages: Adults (includes seniors)



Spring Valley Halloween Festival

Spring Valley Community Center
 8735 Jamacha Blvd., Spring Valley

Monday, Oct. 31 • 5:30 – 7:30 p.m.

FREE!

Trick or Treat
Games

Costumes
Music

Contests
Prizes



All children must be accompanied by an adult.
 Information: 619-479-1832 • sdparks.org

Sponsored by
 County of San Diego Parks and Recreation
 Spring Valley Booster Club
 San Diego County Library, Spring Valley Branch

This activity is not district-sponsored.

Breakfast with Santa



Saturday, December 17 • 9 – 10:30 a.m.

Spring Valley Community Center
 8735 Jamacha Blvd.

The entire family will enjoy a special morning with Santa Claus!

Enjoy a hot breakfast, arts and crafts and entertainment at this special family event!

Children must attend with a parent or responsible adult.

Pictures with Santa will be available for an additional \$5, starting at 9 a.m.

\$4 – Ages 0–11
 \$5 – Ages 12+

For more information and reservations, call the Spring Valley Community Center at 619-479-1832.



This activity is not district-sponsored.



Senior Events

Julian Day Trip

Head for the hills of Julian to enjoy the world famous Apple Festival. This trip includes a visit to the old-fashioned melodrama, complete with heroes and villains. Participants will enjoy a no-host lunch in town and shop for pie. There will be a stop for apples, and bread at Dudley's Bakery. Spaces fill quickly and is available on a first come, first served basis.

Date: Oct. 20
Time: Thursday, 10 a.m. – 4 p.m.
Location: Spring Valley Community Center
Fee: \$25
Ages: 55 and older

Lawrence Welk

Join us to see Sweet Charity. This is a bright and sophisticated show in every sense. Cy Coleman has captured the rhythms and sounds, and Dorothy Fields the vernacular and fun of New York in this touching comedy. Neil Simon has a particular talent for looking at the truly amusing side of life. It's a dancing show, too, with great opportunity for use of dramatic movement.

Date: Nov. 10
Time: Thursday, 10 a.m. – 4 p.m.
Location: Spring Valley Community Center
Fee: \$62 (includes ticket and brunch)
Ages: 55 and older

Hotel Del Coronado

The Christmas season is right round the corner, and so are the holidays. The joyous and blissful festival of Christmas reminds you of beautiful moments and happy memories celebrated in the past, giving you another chance to relive them and create new ones. The magnificent Christmas tree is a must see, and the group will enjoy a no host lunch in town to welcome the holiday season.

Date: Dec. 7
Time: Wednesday, 10 a.m. – 2 p.m.
Location: Spring Valley Community Center
Fee: \$20
Ages: 55 and older

Senior Legal Assistance

Get help answering all of your legal questions! This free service is offered the second Monday of every month, by appointment only. Call to book your appointment at (619) 447-7921.

Date/Time: Second Monday of each month
Location: Spring Valley Community Center
Fee: Free
Ages: 60 and older

Senior Core Conditioning

This is a playful and rewarding fitness class that includes a gentle blend of various exercises designed to improve flexibility, strength, balance, stamina and breathing. Feel like a kid again! The focus is on safety and injury prevention, while building overall fitness and strength. Bring a yoga mat and a water bottle.

Date: Sept 13 – Nov. 1
Time: Tuesdays, 10 – 10:50 a.m.
Location: Spring Valley Community Center
Fee: \$48
Ages: 50 and older

Senior Health Fair

Join us for this one stop shop. All you need to know for great health and enjoyable retirement. The Spring Valley Community Center is hosting its first Senior Health Fair in collaboration community partners to offer entertainment, informational booths, give away and fitness demonstrations.

Date: Oct. 6
Time: 12:30 - 3:30 p.m.
Location: Spring Valley Community Center
Fee: Free
Ages: 55 and older

Senior Dance

If you like to dance, join us Friday, Oct. 21 for great music from the 60s, 70s and 80s. Break a sweat on the dance floor or just come out to meet and make friends. Light refreshments are included with admission.

Date: Oct. 21
Time: Friday, 1 – 3 p.m.
Location: Spring Valley Community Center
Fee: \$4
Ages: 55 and older



Youth Programs

Youth Basketball Skills Class

Parents, are you interested in improving your son's/daughter's basketball skills? We're offering a fun and exciting basketball skills class. This class will focus on developing your child's basketball fundamentals in passing, dribbling, shooting and defense! Basketball Skills Class is once a week for six weeks. After this 6-week class, your child will become a confident and skilled basketball player.

Session 1:	Aug. 22 – 28
Session 2:	Oct. 12 – Nov. 16
Location:	Spring Valley Gymnasium
Fee:	\$30
Ages 5 – 7:	Mondays, 6 p.m.
Ages 8 – 9:	Mondays, 7 p.m.
Ages 9 – 10:	Wednesdays, 6 p.m.
Ages 11 – 14:	Wednesdays, 7 p.m.

Winter Youth Basketball League

All skill and experience levels are welcome in this fun, coed Youth Basketball League! Practices are twice a week and all games will take place on Saturdays. This is a 10-game season and playoffs for Divisions: 1 and 2 only. Players are required to attend the skills assessment before the season starts - scheduled to take place Nov. 19. Volunteer coaches are welcome; please contact (619) 667-6833 in advance if you are interested in coaching this season. Scholarships are available upon request.

Date:	Winter Youth Basketball League starts Jan. 7 Registration: Sept. 6 – Nov. 10 Assessments: Nov. 19
Location:	Spring Valley Gymnasium
Fee:	\$70
Ages:	5 – 14 years

Open Play

Open gym is designed to provide all Spring Valley residents with opportunities to play games after school or work. Please wear appropriate athletic shoes and clothing. A photo ID is required to check out a basketball.

Date/Time:	Weekdays, 2 – 5 p.m. Call ahead
Location:	Spring Valley Gymnasium
Fee:	\$1/day \$5/month \$20/year (18 and older) 17 and younger play free
Ages:	All (kids under 10 must be accompanied by an adult)

Youth Volleyball Skills Class

Parents are you interested in improving your son/daughter volleyball skills? We're offering a fun and exciting volleyball skills class. This class will focus on developing your child's volleyball fundamentals in serving, passing, hitting and blocking. Volleyball Skills Class is twice a week for six weeks. Classes are held on Mondays and Fridays. After this 6 week class, your son/daughter will become a confident and skilled volleyball player.

Date:	Aug. 22 – Sept. 30
Time:	Mondays & Fridays, 4 – 5:30 p.m.
Location:	Spring Valley Gymnasium
Fee:	\$30
Ages:	5 – 14 years

Pee Wee Sports Class

Our Pee Wee Sports Class is for younger athletes, ages 3 ½ – 5 years old. Your young athlete will be introduced to the following sports: soccer, basketball, and baseball. Participants will play each sport for two weeks, with the





ultimate goal of improving young athletes' basic motor skills as well as building confidence and social skills. This class will meet every Thursday for six weeks at 5 p.m.

Session 1: Aug. 25 – Sept. 29
Session 2: Oct. 12 – Nov. 17
Time: Thursdays, 5 – 5:45 p.m.
Location: Spring Valley Gymnasium
Fee: \$30
Ages: 3.5 – 5 years

Gymnastics Level 1

Gymnastics is a fun, active sport that encourages movement, strength, agility and play. Whether your child comes to us inspired by the Olympics, X-Games or the latest blockbuster Hollywood movie, we'll introduce them in the world of Olympic Gymnastics.

Date: Sept. 14 – Nov. 2
Time: 5 – 6 p.m.
Location: Spring Valley Community Center
Fee: \$70
Ages: 7 – 12 years, call for info

Gymnastics Level 2

Gymnastics is a fun, active sport that encourages movement, strength, agility and play. Whether your child comes to us inspired by the Olympics, X-Games or the

latest blockbuster Hollywood movie, we'll introduce them in the world of Olympic Gymnastics.

Date: Sept. 14 – Nov. 2
Time: 6 – 7 p.m.
Location: Spring Valley Community Center
Fee: \$70
Ages: 12 and older

Wang Ho Tae Kwon Do

Tae Kwon Do emphasizes modesty, self control, discipline and respect while teaching self-defense and building confidence. Expose your child to the Korean Art of kicking and punching!

Location: Spring Valley Community Center
Fee: \$60 a session
Ages: 5 and older

Session 1:

Date: Sept. 13 – Nov. 1
Time: Tuesdays, 5:45 – 6:45 p.m.

Session 2:

Date: Sept. 16 – Nov. 4
Time: Fridays, 4 – 5 p.m.

Dance Sampler & Tumble I

Introduce your children to music and movement in a variety class of Tap, Ballet, Jazz and beginning tumbling skills. Develop coordination and rhythm. A recital will take place on the last class date (Nov. 16). Register early! No refunds after second class. Tap or hard soled shoes required, bare feet for Ballet/Tumble: Students only in the classroom, for "ALL" dance classes. There will be no class Oct. 12th.

Date: Sept. 28 – Nov. 16
Time: Wednesdays, 5:10 – 5:45 p.m.
Location: Spring Valley Community Center
Fee: \$67
Ages: 3 – 6 years

Dance Sampler & Tumble II

Introduce your children to music and movement in a variety class of Tap, Ballet, Jazz and beginning tumbling skills; mostly Jazz. Develop coordination and rhythm. A recital will take place on the last class date (Nov. 16). Register early! No refunds after second class. (OLDER KIDS MOSTLY JAZZ). Tap or hard soled shoes required, bare feet for Ballet/Tumble: Students only in the classroom, for "ALL" dance classes. There will be no class Oct. 12th.

Date: Sept. 28 – Nov. 16
Time: Wednesdays, 5:45 – 6:30 p.m.
Location: Spring Valley Community Center
Fee: \$69
Ages: 6.5 – 12 years



Fun on the Farm

Come on down to the farm! Sing songs with puppets and a crazy farm dog! Make a fun farm craft! Interact with a different farm animal every week; students will get to milk a goat, collect eggs from the hen house, slop the hogs – even watch an emu take a shower. Pony rides are included every week. Register at Spring Valley Community Center.

Session 1:

Date: Sept. 12 – Oct. 3
Time: Mondays, 9:30 – 10:30 a.m.

Session 2:

Date: Oct. 10 – Nov. 7
Time: Mondays, 9:30 – 10:30 a.m.

Location: Hidden Haven Farms
 18540 West Boundary Truck Trail
 Jamul, CA 91935

Fee: \$70 a session
Ages: 2 – 6 years

Horse Fun for Preschoolers

Join your preschooler in this special class! Children will get to meet and interact with real ponies and horses and learn skills like grooming, saddling, and basic riding. Please wear closed-toed shoes, jeans and a bike helmet. Sorry, no unregistered siblings! Register at Spring Valley Community Center.

Session 1:

Date: Sept. 12 – Oct. 3
Time: Mondays, 10:30 – 11:30 a.m.

Session 2:

Date: Oct. 10 – Nov. 7
Time: Mondays, 10:30 – 11 :30 a.m.

Location: Hidden Haven Farms
 18540 West Boundary Truck Trail
 Jamul, CA 91935

Fee: \$70 a session
Ages: 2 – 6 years

Horse Fun for Kids

Get your chaps on! Pull on your cowboy boots! We are ready to teach you how to have Fun With Horses! Learn how to groom, saddle and get basic instruction on riding! Please wear closed-toed shoes, jeans and a bike helmet. Sorry, no unregistered siblings! Register at Spring Valley Community Center.

Session 1:

Date: Sept. 12 – Oct. 3
Time: Mondays, 4 – 5 p.m.

Session 2:

Date: Oct. 10 – Nov. 7
Time: Mondays, 4 – 5 p.m.

Location: Hidden Haven Farms
18540 West Boundary Truck Trail
Jamul, CA 91935

Fee: \$70 a session
Ages: 7 – 12 years

Tapping Into Wellness

Tapping is to teach participants how to neutralize stress. Turn your stress to calm. Live a life of peace and wellness.

Date: Sept. 13 – Nov. 1
Time: Tuesdays, 6:30 – 7:30 p.m.
Location: Spring Valley Community Center
Fee: \$15
Ages: 15 and older

Zumba Fitness

We take the “work” out of workout, by combining all elements of fitness- cardio, muscle conditioning, balance and flexibility, boosted energy and a dose of awesome each time you leave class.

Date: Sept. 13 – Nov. 1
Time: Tuesdays, 7 – 8 p.m.
Location: Spring Valley Community Center
Fee: \$25
Ages: 15 and older

Creative Arts & Crafts

It's time to encourage the little ones to channel their creative juices with some fun art activities.

Date: Sept. 13 – Nov. 1
Time: Tuesdays, 4 – 6:30 p.m.
Location: Spring Valley Community Center
Fee: \$20
Ages: 5 – 10 years

Cheer Drill Team

Youth will have fun and gain valuable discipline through this class. The focuses will include on balance, core strength, and control. No previous dance experience necessary as the basics will be taught and reviewed for those with dance experience. Children will learn how to perform as a unit dancing in unison as a team. Performance opportunities available.

Date: Oct. 13 – Dec. 8
Time: Thursdays, 5 – 5:45 p.m.
Location: Spring Valley Community Center
Fee: \$70
Ages: 6 – 14 years

Tiny Tots Combo Dance Class

Your child will be kept active while having fun, being creative, learning, social skills, and developing a love and appreciation for dance. This class will give your child a creative outlet to build self confidence, develop social skills, and discover an appreciation for one's self.

Date: Oct. 13 – Dec. 8
Time: Thursdays, 4 – 4:45 p.m.
Location: Spring Valley Community Center
Fee: \$70
Ages: 3 – 6 years

Winter Camp

Enjoy two weeks of fun during the winter break. Winter Camp consists of games, holiday crafts and much more.

Date: Dec. 27 – Jan. 6
Time: Tuesday – Friday, 7 a.m. – 6 p.m.
Location: Spring Valley Community Center
Fee: \$90/week/child
\$33/day/child
Ages: 5 – 12 years



REC CLUB

The Spring Valley REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence. For more information, contact Kevin Payton, Recreation Program Coordinator, at (619) 667-6835.

REC Club membership is free, membership application required. All activities including trips are free to REC Club members.

All Nature Explorers Program outdoor adventures are free to members of the REC Club. Permission slips are available two weeks prior to each trip and members selected to attend will be notified one week in advance.

REC Club Additional Closures

- Nov. 21 – 25
- Dec. 26 – Jan. 8

Daily Activities

- Homework Help
- Arts & Crafts
- Sports and Fitness Activities
- Community Service/ Volunteer Projects

Winter Classes

- Acting (REC Theatre Co.)
- Journalism (REC Club News Network)
- Cooking (Watt's Cooking)
- REC Club Hospitality Club
- Gardening

Holiday Essay Contests

In preparation for Thanksgiving holiday, Spring Valley REC Club Members can enter an essay contest with the following theme: "What are you thankful for?" Submissions will be accepted Nov. 1 – Nov. 17. Winners will be announced at 5 p.m. on Nov. 18, and asked to present their winning essay.

In celebration of December's many holidays, the REC Club will host a second essay contest with the theme: "How can we make every day like the holidays?" Submissions will be accepted Dec. 1 – Dec. 15. Winners will be announced at 5 p.m. on Dec. 15, and asked to present their winning essay.

Call 619-667-6835 for full essay contest details.

Date: Sept. 1 – Dec. 15, 9 a.m. – 3 p.m.

The SPOT Open Mic Night

The SPOT event is designed to give youth the opportunity to express themselves in a positive environment. Participants will get to dance, sing, recite poetry, perform with a band, etc. We are open to any act that would like a venue to perform as long as it is appropriate for the audience (i.e. no inappropriate language or dance moves). Performers must be 18 or younger but we encourage parents and family or friends of all ages to attend.

Email kevin.payton@sdcounty.ca.gov with the subject "The SPOT Open Mic" for information on how to sign up. Participants must sign up at least one week in advance. All acts are welcome and will be considered!

Date: Sept. 16, 6 – 8 p.m.
Dec. 9, 6 – 8 p.m.

Nature Explorers Program (NEP)

Nature Explorers is an outdoor adventure program designed to help teens develop an appreciation for the outdoors and an ethic of environmental stewardship. Through outdoor adventures like hiking, surfing and rock climbing, REC Club members will learn about nature in an exciting environment that ware in line with California Next Generation Science Standards. The class setting is informal and fun, and participation is encouraged to support knowledge retention.

Fall/Winter 2016 Trips:

Oct. 8 – 9	Camping at a County Park
Oct. 13	Mountain Biking at Rancho Penasquitos
Oct. 18	Exploring at Cuyamaca State Park
Oct. 20	Climbing at Mission Trails
Nov. 12 – 13	Camping at a County Park
Dec. 3 – 4	Kayak Camping at Lake Morena to and from the campground as well as meals and gear for participants.

Ring and Run

Ring and Run is an annual event that provides families with a memorable holiday experience by delivering donated gifts. This program consists of REC Club youth helping to wrap gifts that are donated by various individuals and groups, taking them to families that would appreciate them, and then ringing the doorbell and then running (to keep their identities a secret!) just before the holiday.

Date: Dec. 23, 5 – 10 p.m.





Adults

Zen Baby Stroller Strength Boot Camp

This is a balanced, total body circuit workout for moms incorporating your baby and stroller. Designed to help you burn lots of calories, shed excess weight and have tons of fun, Zen Baby Stroller Strength is sure to help you get results! Join us to blast fat, build strength and shape up with other moms in your community. Also incorporated will be nutrition information, advice, recipes inspiration and more. This workshop is suitable for moms of all levels. Please bring water, yoga mat and a towel.

Instructor: Ursula Valencia
Session 1: Aug. 30 – Oct. 20
Session 2: Oct. 25 – Dec. 15
Time: Tuesdays & Thursdays, 11 a.m.– 12 p.m.
Location: Spring Valley Gymnasium
Fee: \$99/month
Ages: Adults (includes seniors)

Zen Bodi Boot Camp

This fat burning, strength-building Boot Camp is a natural, balanced approach to a healthy body! Not only is it a high-energy, fun and effective, circuit-style workout, it also incorporates nutrition information and advice on how you can maximize your efforts to regulate your metabolism and achieve the results you want. Join us to transform your body and learn more about how you can get the physique you desire. Whether you're a working professional, a parent, a young adult or young at heart, Zen Bodi Bootcamp can help you achieve your health and fitness goals! Suitable for all levels. Please bring water and a towel.

Instructor: Ursula Valencia
Session 1: Aug. 30 – Oct. 20
Session 2: Oct. 25 – Dec. 15
Time: Tuesdays, 6 – 7 p.m.
Location: Spring Valley Gymnasium
Fee: \$99/month
Ages: Adults (includes seniors)

Zumba

Zumba is a Latin inspired, easy-to-follow, calorie burning, feel-it-to-the-core, fitness party! You will get a marvelous workout and condition all muscles while having fun. Feel the music, feel the fitness!

Date: Sept. 7 – Oct. 26
Time: Wednesdays, 9:30 – 10:15 a.m.
Location: Spring Valley Community Center
Fee: \$5/per month
Ages: 50 and older

Fitness Bootcamp

Fitness Bootcamp combines weights, balance tools, body resistance and cardio to activate all of the major muscles groups. Exercises change regularly for continual improvement. All classes use different types of equipment including medicine balls, agility ladders, dumbbells, bosu balls and much more to keep the workouts challenging and interesting. Modifications are provided so individuals can participate at a level that is appropriate for them. All fitness levels are welcome.

Date: Sept. 7 – 28
 Oct. 3 – 26
 Nov. 2 – 30
 Dec. 5 – 28
Time: Mondays & Wednesdays, 5 – 6 p.m.
Location: Spring Valley Community Center
Fee: \$35
Ages: 18 and older

Urban Soul Line Dance

Ladies and Gentlemen, get ready to have fun learning dances and making new friends. Our goal is to teach new moves, and to have adults and seniors dancing at various park concerts and festival venues throughout San Diego! Dress attire: sweats, jeans or workout clothing, and comfortable shoes. Bring a refillable water bottle.

Date/Time: Thursdays, 1 – 2:30 p.m.
Location: Spring Valley Community Center
Fee: \$30/month
 \$10/class
Ages: 18 and older



Special Interest

Art Class

Join the Spring Valley “Van Goghers” for this truly unique and exciting art class. Taught by an experienced and passionate teacher, the class will take attendees on a journey through majestic scenery and art history and make wall-worthy masterpieces to take home. Supplies are included. All levels are welcome.

Date: Sept. 12 – Nov. 7
Time: Mondays, 9 – 10:30 a.m.
Location: Spring Valley Community Center
Fee: \$10/month
Ages: 18 and older

Keyboarding

If you want to learn touch-type or improve your existing typing skills, this is the perfect class for you! As you improve your typing speed and accuracy, you’ll use the word processor’s timed writing feature to continually enhance your skills.

Date: Sept. 14 – Nov. 2
Time: 3:30 – 4:30 p.m.
Location: Spring Valley Community Center
Fee: \$8
Ages: 18 and older

Internet and Computer Basics

Are you looking to jump online, but aren’t sure where to start or how to get the most out of it? Join us as we explore everything to get you started on your journey into the internet and basic functions of your computer and mobile phone. You will learn tips and tricks for making your everyday life easier and more fun!

Date: Sept. 14 – Nov. 2
Time: 4:30 – 5:30 p.m.
Location: Spring Valley Community Center
Fee: \$10
Ages: 18 and older

Intergenerational Tutoring Class

The Spring Valley Community Center Intergenerational Tutoring Program provides low-cost tutoring for youth in kindergarten through 8th grade. Tutoring helps students build necessary skills, complete key assignments and receive additional monitoring and support. Students can request help with specific subject areas, such as math and reading, or with general study skills such as homework management and organization. Our volunteer tutors are from the San Diego State University Education Department, retired education professionals, parents, and volunteers from the community, and matches students one on one or in small groups.

Date: Sept. 20 – Nov. 16
Time: Tuesdays & Wednesdays, 3 – 4 p.m.
Location: Spring Valley Community Center
Fee: \$5
Ages: Adults 50 and older
 Youth ages 5 – 12

Intergenerational Day of Play

Intergenerational “Day of Play” is for adults, 50 and older, as well as students, age 6 to 12. Participants will enjoy an action-packed morning filled with non-competitive, safe and fun games. The event is free. Entry forms for both adults and youth are required one week prior to event!

Date: Dec. 28
Time: Wednesdays, 10 a.m. – 12 p.m.
Location: Spring Valley Community Center
Fee: Free
Ages: Adults 50 and older
 Youth ages 6 – 12



Spring Valley Community Center

WEDDINGS | BIRTHDAYS | QUINCEANERA | ANNIVERSARIES | BANQUETS | BABY SHOWERS | BAPTISMS

The Spring Valley Community Center is a central space for a wide variety of local events, programs, activities and social occasions. From children's birthday parties and senior lunches to reunions, weddings and anniversary celebrations, the Spring Valley Community Center can accommodate up to 488 people between its Main (Ketell) Hall, Olsen Room and Patio Lounge. A commercial kitchen is available for food prep, and tables and chairs can be added to any reservation for a flat fee. It's a lot of space at an incredible price!

KETELL HALL	Hours	Rental Fee	Security Deposit	Table/Chair Rental Fee	Security Guard (Under 100 people)	Security Guard (Over 100 people)	Total
Capacity: 250	4	\$500	\$300	\$50	\$72	\$144	\$922/\$994
Square footage: 3952	5	\$590	\$300	\$50	\$90	\$180	\$1030/\$1120
Minimum 4 hours	6	\$680	\$300	\$50	\$108	\$216	\$1138/\$1246
	7	\$770	\$300	\$50	\$126	\$252	\$1246/\$1372

OLSEN ROOM	Hours	Rental Fee	Security Deposit	Table/Chair Rental Fee	Security Guard (Under 100 people)	Security Guard (Over 100 people)	Total
Capacity: 78	4	\$220	\$100	\$25	\$72	\$144	\$417
Square footage: 1294	5	\$275	\$100	\$25	\$90	\$180	\$490
Minimum 4 hours	6	\$330	\$100	\$25	\$108	\$216	\$563
	7	\$385	\$100	\$25	\$126	\$252	\$636



A podium, projection screen, chairs, round and rectangular tables may also be included. Additional fees may apply.

Call (619) 479-1832 for information.



Spring Valley Gymnasium Rental

Hours of Operations: Monday – Friday, 10 a.m. – 6 p.m. Closed Saturday and Sunday

The Gymnasium is a 15,860-square-foot state of the art basketball/volleyball facility capable of hosting large tournaments, leagues, rentals, or open play. Community programs are also available ranging from cheerleading to sports camps. All requests for gym rentals must be made 30 days or more in advance to be considered. A \$250 deposit is required to secure a reservation and the total balance is due 72 hours prior to the event, along with proof of insurance.

Reservation Information: (619) 667-6833.

Date	Usage	Price	Available Times
Monday – Friday	Half Gym (1 Court)	\$50/hr.	3:30 – 9 p.m.
Monday – Friday	Full Gym (2 Courts)	\$100/hr.	3:30 – 9 p.m.
Saturday – Sunday	Half Day (2 Courts) (4 – 5.5 hours)	\$400/day	8 a.m. – 10 p.m. (4 hour min.)
Saturday – Sunday	Full Day (2 Courts) (6+ hours)	\$550/day	8 a.m. – 10 p.m. (4 hour min.)
Concession Fee	n/a	\$25/day	n/a

Additional fees apply for set-up, scoreboards and equipment.

Sweetwater Lane Sports Complex

The 11-acre Sweetwater Lane Sports Complex consists of artificial turf fields which accommodate multiple football and soccer fields. There are four baseball/softball fields with bleacher seating. The fields have lighting for evening leagues. The complex also has a concession stand, exercise stations, a half-mile exercise track, and a children's playground for ages 5–12.

It is required that all organized leagues/teams obtain written authorization from the Department of Parks and Recreation prior to using the ball fields for practice or games. Fields may be reserved between the hours of 8 a.m. and 10 p.m.

For more information on the field allocation process, please contact the Spring Valley Gymnasium office at 619-667-6833.

Group Type	Fields	Lights	Concession Stand
B – youth recreational, volunteer based organizations	\$0/hr., per field	\$20/hr., per field	\$400/month
C – youth competitive teams/leagues	\$15/hr., per field	\$20/hr., per field	\$400/month
D – adult sports organizations, camps and clinics for youth or adult	\$25/hr., per field	\$20/hr., per field	\$400/month



Spring Valley Area Parks

Bancroft County Park & Rock House

3554 James Circle, Spring Valley, CA 91977

(619) 644-5492

Open sunrise to sunset

Bancroft County Park is a 4.37-acre neighborhood park just off CA-94 in the Spring Valley. On site is a rock house, built in the late 1880s for Hubert Howe Bancroft, a wealthy writer, editor and publisher of history books. The house has been labeled as a County of San Diego Historic Landmark thanks to its sturdy build and colorful history as a school house, a guest house and a fire-safe storage facility.

Spring Valley County Park

8735 Jamacha Blvd., Spring Valley, CA 91977

(619) 479-1832

Open sunrise to sunset

Located on Jamacha Blvd. just off CA-125, Spring Valley County Park offers visitors a partially shaded exercise walkway, a picnic pavilion, 26 picnic tables, four barbeques, a basketball court, two tot lots and a public restroom.



SPRING VALLEY AREA PARKS

Eucalyptus County Park

9125 Edgewood Dr., Spring Valley, CA 91977

(877) 565-3600

Open sunrise to sunset

This 6.45-acre park offers visitors an ADA-accessible learning playground with swing set, horseshoe pits and a shaded picnic pavilion. Public restrooms are also available on site.

Lamar County Park

3180 Bancroft Dr., Spring Valley, CA 91977

(877) 565-3600

Open sunrise to sunset

Lamar County Park is an 8.89-acre neighborhood park located in Spring Valley that contains a playground for children ages 2-to-5, a pavilion, restroom, picnic tables, lawn areas, barbecues, and drinking fountains.

Goodland Acres County Park

8848 Troy St. Spring Valley, CA 91977

(877) 565-3600

Open sunrise to sunset

This small, 1.34-acre park with towering palms is located just one mile off CA-94 offers visitors a playground, basketball court, horseshoe pits and public restrooms.



THE UPSIDE
OF OUTSIDE



SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Blvd.
Spring Valley, CA 91977

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